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I HATE COUNTING CALORIES!
Smoothies, Fruit Juices and other drinks!

and

HEALTHY LIVING FOR A BUSY FAMILY!

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VERSIONS**

http://www.healthrecipes.com/juicer_ebook.htm

Lucie Brisson
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ABOUT FRUIT JUICES AND SMOOTHIES!

[\(\[HTTP://WWW.HEALTHRECIPES.COM/DRINK_RECIPES.HTM\]\(http://www.healthrecipes.com/drink_recipes.htm\)\)](http://www.healthrecipes.com/drink_recipes.htm)

A FUN and EASY way to get more vitamins & minerals into your diet is by drinking freshly made fruit juices, vegetable juices, and by blending thick and frothy smoothies and shakes from frozen fruit.

A friend of mine describes drinking freshly made fruit juices like this:

"If you have never taken a mouthful of cantaloupe juice or strawberry juice mixed with apple, you simply have not lived. Blueberry juice is a taste of liquid heaven."

Freshly made juices are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live.

Enzymes act as catalysts in hundreds of thousands of chemical reactions that take place throughout your body, and are essential for digesting, absorbing and converting food into body tissue. Enzymes produce energy at the cellular level and are critical for most of the metabolic activities taking place in your body every second of every day.

Another benefit of drinking fresh juices and smoothies is that your body can absorb MORE of the vitamins and minerals than if you were to eat the fruits and vegetables whole! Many of the nutrients are TRAPPED in the fiber and by blending fruits and vegetables, you break down the fiber and release the vital nutrients.

Example:

When you eat a raw carrot, you are only able to assimilate a small percentage of the available beta

carotene. When a carrot is juiced, removing the fiber, a LARGE percentage of the beta carotene can be assimilated by your body.

Of course, you still need to eat whole produce because fiber is also an important part of your daily diet.

Meeting you or your children's need for energy and nutrients is essential for good health. Children who do not meet their needs for energy may stop growing and gaining weight. In severe situations, they can develop a condition which is life threatening called protein energy malnutrition. Vitamins and minerals are only required in very small amounts, but a diet insufficient in these can cause SEVERE deficiency diseases.

You may be showing signs of malnutrition if you ...

- feel tired and weak.
- feel like you never have the energy to clean your home, make meals or even do the dishes.
- have difficulty losing or gaining weight.
- can't easily get to sleep.
- feel stressed and/or nervous.
- feel drowsy during the day.
- sometimes can't concentrate, you're mind feels numb, or you get confused easily.
- have problems with your digestion.
- have constipation and/or hard dry stools.
- have mood swings, or get easily upset.
- don't have patience for anything.
- sometimes feel depressed.
- have overly dry or oily skin.
- sometimes have nausea and/or abdominal pain.
- have annoying eye twitches.
- bruise easily.
- have muscle cramps and/or low back pain.

- sometimes get cracks and sores in the corners of your mouth.
- notice that your nails have become thin and/or brittle.
- are losing your hair.
- have water retention.
- have uncontrollable temper outbursts.
- don't eat a well-balanced nutritious diet EVERY DAY

Natural vitamins are found only in living things, that is, plants and animals. Your body, with a few exceptions, can't manufacture vitamins. They must be supplied in your food or in dietary supplements but supplements can't replace food, especially fruits and vegetables which provide thousands of substances, some of which have well-known functions, and some whose roles in the human body are not yet understood or recognized.

Vitamins and minerals

- ◇ reduce your risk of getting a stroke or heart attack!
- ◇ strengthen your nails!
- ◇ improve your hair condition, strength and growth by providing certain essential nutrients to the hair follicle!
- ◇ beautify your skin by keeping it smooth, soft and disease-free!
- ◇ provide essential compounds that are necessary for growth, health, normal metabolism and physical well-being! Without them, you would die!
- ◇ promote normal growth and development!
- ◇ maintain bone density and strength!
- ◇ regulate blood clotting!
- ◇ help in the function of nerves and muscles, including regulating a normal heart beat!

When it comes to choosing a healthy diet for their children, many parents don't realize the important role that beverages play. For example, fruit flavored drinks and soft drinks are not a substitute for real fruit. Many of these drinks only contain 10%

real fruit juice. The very best drinks are made from whole fruit and you can make great fruity healthy drinks at home.

HOW TO MAKE HOMEMADE FRUIT AND VEGETABLE JUICES

From: I Hate Counting Calories!



1. You'll need an inexpensive juice machine.
2. All fruits and vegetables should be juiced raw.
3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.
4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.
5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.
6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you

juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a sour odor and tiny gnats and fruit flies may appear after 8 to 10 hours.

7. It is best to drink freshly made juices within one day.

FRUIT JUICE RECIPES

All the fruit juice recipes serve one. You can double or triple the recipes to serve more people.

From: I Hate Counting Calories!

Lemon~Lime Ginger Ale



1 apple, cored and sliced
½ inch fresh ginger (less if you find the taste too strong)
handful of grapes
¼ lemon
½ lime
sparkling mineral water

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.

Fruit Punch



1 apple, cored and sliced
6 strawberries, fresh or thawed from frozen
1/2 orange, peeled and sectioned

Process the fruit in a juicer and serve.



Sparkling Tropical Juice



1/2 mango, peeled and sliced
1 orange, peeled and sectioned



Peach-Pear-Apple Juice



2 peaches, remove seed
1 pear, sliced
1 apple, cored and sliced

Process through a juicer and serve.

Gingered Apple Cidar 🍏

3 apples, cored and sliced
1 inch piece ginger

Process through a juicer and serve.

5 STEPS TO MAKING THE PERFECT SMOOTHIE

From: I Hate Counting Calories!



1. Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.
2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.
3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.
4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth instead of gravelly. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water so that the shake will have a milkshake consistency.
5. If the shake/smoothie is too thin, add more fruit or ice. If it's too thick, add more liquid.

SMOOTHIE AND SHAKE TIPS

From: I Hate Counting Calories!



- A smoothie is basically a blended fruit drink. The best-tasting smoothies are made from fruit that is fresh or frozen, and not canned.
- All smoothies begin with a liquid base. This can be orange juice, milk or another liquid.
- You can make a frostier drink by freezing fresh fruit before making a smoothie.
- Smoothies are best when they're fresh out of the blender, but they can be frozen the night before, as well – just remove the smoothie from the freezer about an hour before drinking.
- You can replace a meal with a smoothie or shake by adding a scoop of high-quality protein powder and a tbsp. of high-quality olive or flax oil.



FRUIT SMOOTHIES



All the recipes serve one. You can double or triple the recipes to serve more people.

From: I Hate Counting Calories!

Apricot~Pineapple~Strawberry Shake



- 1/4 cup crushed pineapple, canned or fresh
- 1 fresh apricot, diced, seed removed
- 6 strawberries, frozen
- 1/2 banana, cut in chunks, frozen
- 1 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process fruit with the rest of the ingredients.
Blend until thoroughly mixed and serve.



Banana~Strawberry Shake



- 1 banana, cut in chunks, frozen
- 6 strawberries, frozen
- 1 1/4 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.

Tropical Shake

1/2 mango, peeled, seed removed
2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)
1/2 banana, cut in chunks, frozen
4 strawberries, frozen
6 ice cubes
1 1/4 cup water
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



Banana~Berry Shake

1/2 banana, cut in chunks, frozen
1/2 pear, cored and sliced
1/4 cup frozen blueberries
1 1/4 cup water
1 tbsp. skim milk powder
1/8 tsp. cinnamon
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



Banana~Orange~Strawberry Shake

1/2 banana, cut in chunks, frozen
6 strawberries, frozen
1/2 cup orange juice
1/2 cup water

1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.

HOMEMADE BEAUTY RECIPES

From: Healthy Living For a Busy Family



Avocado Facial

Avocado is a naturally rich moisturizer. Mash the meat of the avocado into a creamy texture. Massage into the face and neck. Leave on for 15 minutes and gently rinse off.

Facial Mask

Squeeze half a lemon and mix the juice with one beaten egg white. Leave on your face overnight or, for a quick pick-me-up, just 15 minutes. Splash warm water on your face to rinse. It helps to remove blotches, because the lemon works as a bleaching agent.

Egg & Honey Mask

Mix together 1 tablespoon honey, 1 egg yolk, 1/2 teaspoon almond oil and 1 tablespoon yogurt. Honey stimulates and

smoothes, egg and almond oil penetrate and moisturize, and yogurt refines and tightens pores.

Cornmeal Facial Mask

Two tablespoons of cornmeal mixed with enough water to make a thick paste makes a great inexpensive facial mask. Gently apply to face and wash off.

Lighten Circles under Eyes

To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Wipe off residue and apply an eye cream.

Egg, Avocado & Mud Facial Mask

(best for oilier skin types)

Clay is available in powder form at any health food store. Mix 1 tbsp. dry clay with 1 egg yolk, 1/4 of a mashed avocado and enough witch hazel to create a smooth mixture. Mud dries excess sebum while the egg yolk and avocado replenish lost moisture. Witch hazel tones.

Egg & Olive Oil Hair Mask

Mix two whole eggs with four tablespoons of olive oil. Smooth through hair. Wrap head with plastic wrap, and leave in hair for 10 minutes. Rinse well.

Fruit Smoothie Hair Mask

Blend 1/2 a banana, 1/4 avocado, 1/4 cantaloupe, 1 tablespoon wheat germ oil and 1 tablespoon yogurt. For extra conditioning, squeeze in the contents of a vitamin E capsule. Leave in hair for 15 minutes.



Facial Exfoliator

2 heaped tsp. fine oatmeal
1 tsp. baking soda

Combine ingredients, and add enough water to make a paste. Apply to skin and rub gently. Rinse and gently pat dry.



Banana Wrinkle Fighter

Banana is wonderful as an anti-wrinkle treatment. Mash 1/4 banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold. Gently pat dry.



Grape Cleanser

Grape juice makes an excellent cleanser for any skin type. Simply split one or two large grapes, remove pips and rub the flesh over face and neck. Rinse off with cool water.



WEEKLY MEAL PLAN TEMPLATE



From: Healthy Living For a Busy Family

Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday
Break-fast				
Snack				
Lunch				
Snack				
Supper				

Weekly Meal Plan

	Friday	Saturday	Sunday	Extras
Break-fast				
Snack				
Lunch				
Snack				
Supper				



FULL VERSIONS SPECIAL



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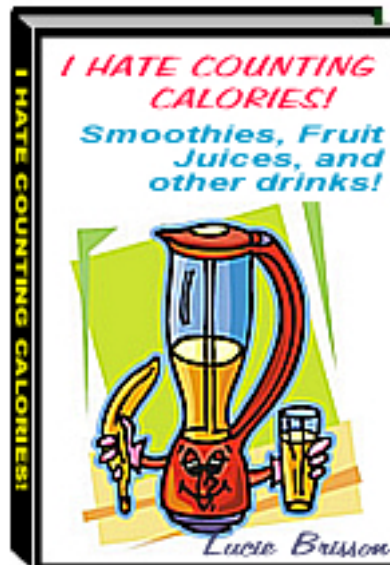
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I HATE COUNTING CALORIES!

Smoothies, Fruit Juices and other drinks!



Super Fruit Juice Recipes



- Apple~Cherry Juice
- Grape~Apple Juice
- Grape~Apple~Cranberry Juice
- Kiwi~Grape~Orange Juice
- Sparkling Watermelon Juice
- Watermelon~Peach Juice
- Pineapple~Grapefruit Juice
- Apple~Pineapple~Ginger
- Blueberry~Grape Juice
- Lemon~Lime Ginger Ale
- Fruit Punch
- Sparkling Tropical Juice
- Blueberry~Apple Juice
- Blueberry~Cherry Juice
- Watermelon~Berry Juice
- Raspberry~Orange Juice
- Apple~Grape Cocktail
- Passion Drink
- Cantaloupe~Strawberry Juice
- Fruit Juice
- Pear~Apple Juice
- Cantaloupe~Pineapple Juice
- Watermelon~Black Grape Juice
- Apple~Strawberry Juice

- Apple~Kiwi Juice
- Peach~Pear~Apple Juice
- Pineapple~Orange~
- Gingered Apple Cidar
- Strawberry Cocktail
- Gingered Cantaloupe Juice
- Pink Grapefruit~Orange Juice
- Mango~Orange~Papaya~
- Lime~Lemonade
- Apple Juice
- Ginger Lemonade
- Watermelon~Apple Juice
- Pink Lemonade
- Berry Juice
- Cranberry Lemonade
- Tropical Pineapple Juice
- Banana~Strawberry Drink
- Fruit Nectar

Super Smoothies and Shakes Recipes



- Mango Milk Shake
- Frosty Peach Smoothie
- Apricot~Pineapple~
- Cran~Raspberry Smoothie
- Strawberry Shake
- Kiwi~Lemon~Lime Smoothie
- Banana~Strawberry Shake
- Orange~Avocado Smoothie
- Tropical Shake
- Orange Fruity Smoothie
- Banana~Berry Shake
- Orange~Pineapple~Coconut
- Banana~Orange~Strawberry
- Blueberry~Pineapple Smoothie
- Papaya~Banana~Pineapple
- Banana~Strawberry~Grapefruit
- Mango~Strawberry Shake
- Kiwi~Banana Smoothie
- Thick Peach Shake
- Cran~Strawberry Smoothie
- Mixed Fruit Smoothie
- Orange~Apple Smoothie
- Tropical Smoothie
- Raspberry~Chocolate Smoothie
- Pina~Colada Smoothie
- Nectarine~Banana Smoothie
- Blueberry Smoothie
- Berry Berry Smoothie
- Mixed Berrie Smoothie
- Apricot~Honeydew~Mango
- Fruit Punch Smoothie
- Smoothie
- Cantaloupe Smoothie
- Fruity Smoothie

Nutrient-Rich Vegetable Juice Recipes



- Cucumber~Celery Cooler
 - Garden Salad
 - Calcium Drink
- Sweet Potato~Carrot Juice
 - Potassium Drink
 - Liver Cleanser
 - Homemade V8 Juice
- Vegetable Detox Juice
 - Virgin Mary
- Cucumber~Pineapple Juice

Icy Fruity Slushie Recipes



- Apple~Cherry Juice
 - Berry Sorbet
 - Peach Slushie
 - Fruit Fizz
- Lemon~Lime Slushie
- Strawberry~Blueberry Sorbet

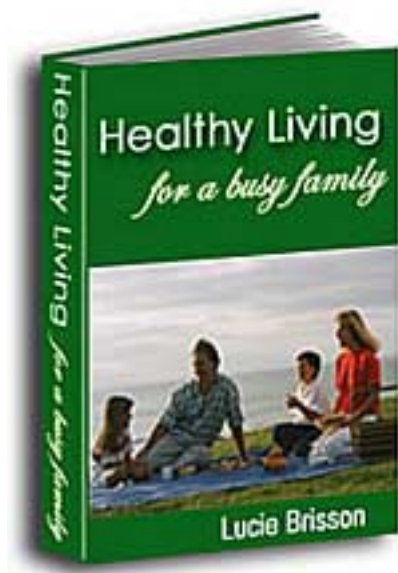
- Cappuccino Ice
- Pina Colada Slush
- Cranberry~Grape Fix
- Strawberry~Kiwi Ice
- Easy Homemade Slushie
- Watermelon Ice

Savory Gazpacho Recipes



- Fresh Gazpacho
- Green Gazpacho Soup
- Corn Gazpacho Soup
- Simple Gazpacho
- Summer Soup
- Chunky Garden Gazpacho
- Avocado Gazpacho
- Spicy Summer Gazpacho

INSIDE BONUS BOOK 1



SECTION ONE, Healthy Living and Nutrition

- ~ Why is that one little carrot important?
- ~ Fruit and vegetable fact sheet
- ~ Secret ways to hide nutrition in foods kids love

SECTION TWO, Healthy Living and Physical Activity

- ~ Physical activity for health and weight loss
- ~ Children and the need for daily activity
- ~ Physical activity and cardiovascular health

SECTION THREE, A Healthy Home

- ~ Are you poisoning your children? (by Doctor George Grant)
- ~ Natural cleaning products you can make at home
- ~ Great ideas for saving time in the kitchen

SECTION FOUR, Healthy Living Recipes

- ~ Vegetable Recipes
- ~ Fruit Recipes
- ~ Grain Recipes
- ~ Meat Recipes
- ~ Dessert Recipes
- ~ Homemade Beauty Recipes
- ~ Spice Guide

SECTION FIVE, Online Resources

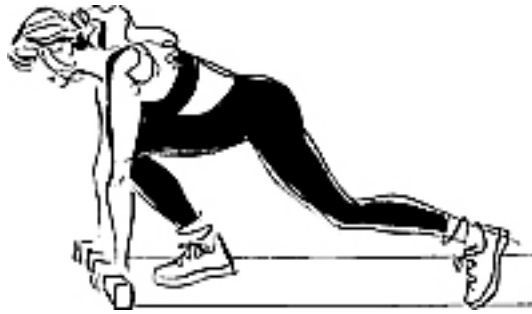
- ~ Food guides
- ~ Free healthy recipes & nutritional information
- ~ Online organizing help

SECTION SIX, Schedules & Templates (You fill in)

- ~ Chore schedule
- ~ Weekly to do list
- ~ Weekly meal plan (you fill in)
- ~ Television schedule
- ~ Books lent out
- ~ Books borrowed
- ~ Items still at the library
- ~ Favorite healthy foods & meals

INSIDE BONUS BOOK 2

FITNESS TRAINING MANUAL



Nutrition

- Proteins
- Carbohydrates
- Fats
- Cholesterol
- Vitamins
- Minerals
- Water
- Daily Caloric Requirements
- Protein, Carbohydrate and Fat Dietary Requirements
- Example of Low Fat Foods
- Alcohol's Effect on Metabolism
- Caffeine's Effect on Metabolism
- Eating Disorders

Physiology

- Muscle Fiber Types
- Energy Production
- Cardiovascular and Respiratory System

Kinesiology

- Anatomy
- Muscle Action
- Joint Action

Aerobic Training

- Benefits
- Weekly Requirements and Limitations

Diet Requirements
Types of Aerobic Activities
Pregnancy
Maximum Heart Rate
Resting Heart Rate
Target Heart Rate
Recovery Heart Rate
Rating of Perceived Exertion (RPE)
Blood Pressure
Proper Attire for Specific Activity
Specific Aerobic Activities
Running
Stair Master
Stationary Bicycle
Teaching Aerobics
Class Preparation
Intensity and Complexity
Components of an Aerobic Class
Injury Prevention and Treatment

Step Aerobics

The Basics
The Class
Basic Step Moves
Basic Left (Reverse for Basic Right)
V-Step
A-Step
Turn Step
Z-Step
X-Step

Kickboxing Aerobics

The Class
Kickboxing Aerobic Moves
The Jab Punch
The Round House Punch
The Power Punch
The Left Hook Punch
The Front Kick - Forward Leg
The Front Kick - Rearward Leg
The Side Kick - Left Kick (do opposite for right kick)
The Round House Kick

Plyometric Training

Benefits

Weight Training

Benefits

Circuit Training

Overload Principle

Specificity Principle

Free Weights vs. Machines

Proper Lifting Technique

Sets and Repetitions

Variations of Sets and Repetitions

Weekly Requirements

Diet Requirements

Muscle Exercise Cross Reference

Sample Workout

Fitness Testing

Flexibility Test

One Minute Sit-Up Test

Pushup Test

3 Minute Step Test

Body Composition

Stretching

Pregnancy

General Information

Aerobic Training

Weight Training

Trimester Specific

Nutrition

Post Pregnancy

Senior Fitness

General Information

Aerobic Training

Weight Training

Nutrition

Exercise Injury

Introduction
Acute Injury
Chronic Injury
Overuse Injuries
Chondromalacia and Patellofemoral Syndrome
Plantar Fasciitis and Neuromas
Tendonitis, Arthritis, Bursitis
Shin Splints and Compartment Syndromes
Exercise Reactions
Environmental Concerns
Heat Related Injuries
Heat Cramps
Heat Exhaustion and Heat Stroke
Emergency Response
Temperature and Humidity
Hypothermia and Frostbite

Consent Form

Physician's Release Form

Anatomy Chart

References and Further Reading

Version History

IFA Certification Test Answer Form

IFA Certification Test Questions

CARDIOVASCULAR

PHYSIOLOGY

KINESIOLOGY

AEROBIC TRAINING

WEIGHT TRAINING

MUSCLE GROUPS/EXERCISES

INSIDE BONUS BOOK 3

HOW TO REPORTS

-  How To Cut Glass Without A Diamond Cutter
-  How To Make Up To \$750 In Your Spare Time Or Weekends
-  How To Make Money On What Other People Throw Away
-  Your Own Junk Hauling and Removal Service
-  How To Avoid Traffic Accidents
-  How To Create Bronze Baby Shoes
-  How To Protect Your Home From Intruders
-  How To Protect Yourself On City Streets
-  How To Protect Your Valuables From Theft
-  How To Make Your Own Baby Food

 How To Preserve Fresh Cut Flowers

 How To Make Your Own Pet Food

 How To Eat Free In Restaurants

 How To Make Jewelry From "Ordinary"
Treasures

 How To Transfer Photos To Other Objects

 How To Find and Purchase Public Lands

INSIDE BONUS BOOK 4

GUIDES FOR THE HOME

 Swindlers Are Calling

 8 Things You Should Know About
Telemarketing Fraud

 Investment Swindles

 How They Work and How to Avoid Them

 Your Home Fire Safety Checklist

 Be A Smart Flyer

 Make Your Safe Trip Even Safer

 What To Do If You're A Crime Victim

 60 Commonly Asked Questions About
Medicare

 Where To Hide Your Valuables

 66 Ways to Save Money

 The Sweepstakes Fraud



ONLINE HEALTH RESOURCES



THE LIVING WELL PLAN

- Over 500 mouthwatering recipes that help your body to rid itself of excess weight for good
- Each dish is properly combined--No Need for Charts
- 30 day, Inspirational Step by Step Plan
- Simple recipes that contain ingredients you can find in any grocery store
- 2 of THE BEST all natural, non herbal, ways to detox your lymphatic system
- Recipes for those who eat animal products, those that are vegetarians, and vegans
- Tips on how and what to stock in your pantry and fridge
- Step by step instructions on how to do a 3 day Juice Fast

If you are tired of trying to come up with healthy meals for you and your family, once you get a copy of my NEW cook eBook, those days will be over! The Living Well Cook eBook will take the guess work out of what to make for your meals. If you could not stick to Living Well before because you felt lost and did not know what to prepare, this cookbook is the answer to your challenge.

The best tasting meals are the ones you can prepare yourself using wholesome and natural ingredients. But the meals need to be easy to prepare with your busy lifestyle. AND, the ingredients need to be everyday, regular ingredients you can find at your grocery store. Many of the health/cookbooks available use ingredients I cannot even pronounce! I kept this in mind when creating the Living Well Cook eBook so it contains recipes with ingredients found in most any cupboard or refrigerator.

To learn more, click here: <http://hop.clickbank.net/?lager/livewell>

RAISING KIDS WITHOUT RAISING YOUR VOICE!

Hi, I'm John Schneider...and **this is the most amazing parenting program I have ever seen.**

Twenty years ago my wife Lynn and I opened our home to children that had no place to go. At first we took only a few children, but soon our home grew in numbers, and eventually **we were caring for over 12 children at one time.**

The Stop Yelling Program was a very important project for me. It was created to help families work together more effectively, and be harmonious which is why I offer so much more than just the book. You see I just wanted to write a parenting program that would cover all the bases, help as many parents as possible, and cost about the same as a typical book in your local bookstore. So while it only costs you the price of a book, you get much more.

The really GREAT part about my program is you not only get one E-book, but two interactive E-books with video and audio clips contained in the books, Raising Kids Without Raising Your Voice, and Kids Learning To Earn, plus my private parent COACHING service for life, and my bi-monthly newsletter. **To date, Lynn and I have used these proven techniques to raise over 65 children at Rainbow House.**

To learn more, click here: <http://hop.clickbank.net/?lager/speaker>

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Bill Henderson is the author of "Cure Your Cancer." The 145-page e-book, published in April 2001, is a guide to co-doctoring for cancer patients in the Internet age. The book available at: www.getandstaywell.com

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